

# Sources Say Katie Holmes and Tom Cruise's Divorce Has Been Hard on Suri



By Nicole Weintraub

Ever since Katie Holmes filed for divorce from her former beau Tom Cruise, their six-year-old daughter has been acting out, according to [UsMagazine.com](http://UsMagazine.com). Ever since the power couple decided to call it quits, Holmes has been toning down her lavish lifestyle and is trying to spoil her daughter, Suri, a little less. Cruise has been known to spoil his little girl to pieces, for example, spending over \$6,000 on their recent helicopter excursion to The Hamptons. Holmes, though, is taking a different parenting route by enrolling her daughter in an elementary school that calls for a strict dress code.

The young Cruise is not too happy about the recent changes, though. According to Holmes, she still needs time to adjust.

**How do you keep the drama of a split from affecting your children?**

### **Cupid's Advice:**

A separation can be brutal and ugly, especially when young children are involved. Here are some tips on how to shield your children from the drama of your split:

**1. Don't drag the kids in:** Under no circumstances is it ever okay for a child to think that they caused their parents to split up. Assure your children that this was a decision made by the two of you as adults and had nothing to do with them.

**2. Don't badmouth:** Don't badmouth your former partner in front of your children. Not only will that affect your child's relationship with that partner, but also you're only going to get yourself into trouble with the other person.

**3. Remain civil:** Children absorb everything, especially things that they pick up from their parents. You don't have to like each other, but try to be civil with one another and "play nice" while in front of your kids.

**Have you gone through a split with kids involved? How did you deal with shielding the kids from the split? Tell us in the comments below.**

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# Liberty Ross Is Spotted With a Mystery Man Post-Cheating Scandal



By Erin Minty

After the dramatic cheating scandal between director Rupert Sanders and Kristen Stewart, his estranged wife Liberty Ross is moving on with her life and making the best of it. Just last week the newly separated Ross had a “triumphant” debut at New York Fashion Week; the 33-year old walked in Alexander Wang’s runway show. Just after that, she was spotted Monday night, leaving her wedding ring for a new accessory: a dashing mystery man on her arm! According to [UsMagazine.com](http://UsMagazine.com), a source reported, “It’s still too early to tell what will happen with them.” But things are pointing toward a split.

## **How do you know when it's time to move on after a split?**

### **Cupid's Advice:**

Splitting up with your partner can be a tough decision, but an even tougher is sometimes deciding when the right time is to start dating again. Cupid has some advice on how to know when it's time to move on:

**1. You start to picture yourself with someone else:** One way to know that you might be ready to move on after a split is that you stop picturing your future with your ex and start picturing your future with someone else. That "someone else" may be just a blurry figure or an actual person you know, but the signs are there that you are ready to start dating again.

**2. You stop obsessing over the past:** Another sign that you're ready to move on is that you stop thinking about every little thing that went wrong about your last relationship. It may take time to heal fully, but if you don't think about it every second of every day, that will definitely help and it gives you time to think about your future relationships instead.

**3. You feel comfortable opening up:** Trust can be a big issue after a break up, so when you feel comfortable opening up again, it is probably a sign that you are ready to move on. Don't move too fast, just consider the ability of sharing your life with someone again and it will come naturally!

**How did you know when the right time was to move on after a split? Let us know below!**

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# Kristen Stewart and Rob Pattinson Reunite in Los Angeles



By Erin Minty

After weeks of rumors and uncertainty circling the *Twilight* co-stars, it seems as if Kristen Stewart and Robert Pattinson have reunited. According to [People](#), the couple met up in Los Angeles over the weekend of September 15. After Stewart's cheating scandal with *Snow White and the Huntsman* director Rupert Sanders, it was unclear what would happen to every twi-hard's favorite celebrity couple. But friends of Pattinson's "think they'll be a couple again," according to a source, who also says, "Moving on is easier said than done ... and clearly harder than expected."

## **How do you know if you can forgive your partner if they cheat?**

### **Cupid's Advice:**

Forgiving someone for cheating can be a really tricky territory. They may apologize and you want to believe them, but you don't know if you can trust them or not. Cupid has some advice on decoding whether or not you can forgive your partner if they cheat:

**1. Have a talk:** After your partner cheats on you, it is crucial that you have a long, serious discussion about your relationship at that point. You don't need to talk about the details of them cheating, but trying to figure out why they did it might help you decide whether or not to give your relationship another try or to end it.

**2. Think about forgiveness:** Saying you forgive your partner and meaning it are two totally different things. If you think you can honestly forgive them for cheating and move on, then try your relationship again. But if you think that the cheating will haunt your relationship forever, the relationship won't work. You need to dig deep and figure out what you are okay with before telling your partner.

**3. See what your partner does:** If they are serious about gaining your trust back and getting your forgiveness, they will probably act a little differently than they had before. They will do little things for you and try to always be by your side. Notice the way that your partner acts and try to figure out if his/her actions are genuine.

**How did you know you could forgive your partner after they cheated? Let us know your story below!**

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# Usher Opens Up About His Heated Custody Battle



By Erin Minty

Usher is finally sharing the story of the heated custody battle he went through with his ex, Tameka Foster. [UsMagazine.com](http://UsMagazine.com) reports that the claims have now been settled after three years, and Usher was rewarded primary custody of the couple's two sons, Usher V, 4, and Naviyd, 3, on August 24<sup>th</sup>. Usher has agreed to open up about his custody battle for the first time to Oprah on *Oprah's Next Chapter*, which aired September 16<sup>th</sup>. "This will be the only time that I've ever chosen to speak about it. I've been a man of integrity throughout the entire process, which I hope my boys will understand," Usher told host Oprah Winfrey.

**How do you make sure your custody battle doesn't affect your kids?**

**Cupid's Advice:**

Custody battles can be extremely difficult, and things can get heated between you and your ex. Making sure your kids stay out of it, however, is extremely important. Cupid has some advice:

**1. Don't talk about it in front of them:** While the custody battle is probably the most important thing on your mind, you should never be talking about it in front of your kids. You don't want to drag them into the drama, so don't say something bad about your ex or what is happening in court in front of your children.

**2. Remain civil:** things may get out of hand and you may really dislike your partner at this time, but it is important not to show that side to your kids. Try to remain civil with your partner when your kids are involved.

**3. Act like nothing is wrong:** Treating your kids like nothing has changed is the only way to keep them comfortable during this confusing time. If they have questions, answer them as best you can, but otherwise continue about your daily life, as you would have before the drama started.

**How did you keep a custody battle from affecting your kids?  
Let us know your story below!**

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# Jennifer Lopez Opens Up About Divorce From Marc Anthony



By Nicole Weintraub

Jennifer Lopez recently opened up about her divorce from ex Marc Anthony to Katie Couric on her new show *Katie*, according to [UsMagazine.com](http://UsMagazine.com). The duo were married in 2004 and have twins together – Emme and Max. “You never want to break up a family,” Lopez confessed in regards to coming to the conclusion that it was time to file for divorce. She thought very carefully, especially since the pair has two children. The former partners are doing their best to co-parent, even though they are no longer together. “We love our kids and we have love for each other,” she revealed in regards to her current relationship with her ex. The star is currently dating Casper Smart, a choreographer who is 18 years her junior.

**What are some things to consider before getting a divorce?**

**Cupid's Advice:**

Calling it quits on a marriage and filing for a divorce is a tough decision to make. Here are some things to keep in mind before taking that route:

**1. A brighter future:** Divorces are absolutions to marriages, which is a huge step. Make sure that you're not just looking for an easy way out. If times are hard, they may get better in time. For better or worse and there might be better days in the future.

**2. The repercussions:** If there are children involved, especially younger children, it's not going to be easy. Custody battles ensue as well as splitting money and properties. Make sure that you are prepared to deal with what is to come.

**3. Communicate:** Does your partner know how you are feeling? If you are sensing problems in your marriage, before filing for divorce see if they have similar views. Try to work things out before calling it quits.

**What are some things you would consider before divorcing? Share with us in the comments below.**

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**Heidi Klum Says She and Seal Aren't 'the Greatest Friends'**

# Right Now



By Erin Minty

The relationship between now separated Heidi Klum and Seal is complicated at best, after things got heated last week. After some rude comments Seal made about Heidi, including that she should “at least wait until we separated first before deciding to fornicate with the help,” the supermodel is speaking out about where things stand between the former couple. According to [UsMagazine.com](http://UsMagazine.com), Klum told Katie Couric, “I don’t know if we’re the greatest friends right now, especially because of the things that he said.” She went on to say that they were in an “okay” place. After 7 years of marriage, hopefully the two will be able to work things out, especially for the sake of their 4 children, Leni, Henry, Johan and Lou.

**How do you keep a messy breakup from affecting your children?**

## Cupid's Advice:

Breakups can be hard, especially when you and your ex had children together. Cupid has some advice on keeping a messy breakup from affecting your kids:

**1. Don't talk about it in front of them:** One of the most important things is to try to keep your kids out of it. You should never be badmouthing your partner in front of your kids; it will make things uncomfortable and awkward.

**2. Don't ignore their questions:** On the other side of the spectrum, you don't want to ignore your kids' questions about your breakup. If they ask you what is going on, try to explain it to them without giving too many details about the situation.

**3. Act normally around them:** As much as it may hurt, it is important to try to act as if nothing is wrong when you are spending time with your kids. Take them to school, make their meals and talk to them about their day just as you would have before the breakup. You need to make them comfortable even when you aren't.

**How did you keep a breakup from affecting your kids? Share your insight below!**

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## Carrie Ann Inaba Calls Off Her Engagement







By Jennifer Ross

*Dancing with the Stars* judge, Carrie Ann Inaba, and her fiancé, Jesse Sloan, have called off their wedding. The two came to this decision back in early summer and have remained friends since then, according to [People](#). There is no news yet of the official reason for the break-up. Sloan had proposed to Inaba, on *Live! With Regis and Kelly* in March 2011.

**What are some circumstances in which you should call off your engagement?**

### **Cupid's Advice:**

You have just begun to plan for your wedding, but something seems wrong with your vision. Is it the venue, the dress, the caterer...or the fiancé? Before you pick out the invitation card, you had better confirm your fiancé is the one. Here are a few warning signs that it is best not to move forward with the wedding:

**1. Simply too young:** As you think about your future wedding day, you notice your fiancé thinks about future clubbing days.



Are you two on the right path? Sometimes, an engagement can make a person realize just how young they are and whether they are ready for the life-long commitment of marriage. If being engaged is too much too soon, do not fret. There is plenty of time to get there, as long as you are willing to work it out.

**2. I don't know you:** As exciting as it is to become engaged, it is also added pressure to your relationship. It is during this new level of stress that deeper levels of a personality will come out and they are not all positive. Is your partner the same person you thought you they were? Do they handle the pressure in a good or bad way? If the engagement had brought out a bad side you have never seen, you may have not known them after all.

**3. Avoids discussing the wedding:** It is only natural that one partner may be more interested in the wedding details than the other. However, if your fiancé completely objects to speaking about any details at all, there is a bigger problem. To have any annoyance or hostility to an event that is suppose to join you two as one means one of you either is not ready to get married or believes they are marrying the wrong person. Either way, all plans should stop.

**Did something happen that made you realize it was time to call off the engagement? Tell us below.**

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# **Kristen Stewart Says She and Rob Pattinson Are 'Totally**

# Fine'



By Nicole Weintraub

With the final installment of the *Twilight* series coming out, fans are wondering how estranged lovers Kristen Stewart and Robert Pattinson will act on the red carpet. Stewart informed [UsMagazine.com](http://UsMagazine.com) that the two are “totally fine”. The couple dated for three years throughout the famous vampire series. The star made her first public appearance for her new film *On the Road* in Toronto. She assured the public that she would not miss it, for in her words, “I belonged there.” It seems that the two are prepared to remain professional, as they will soon begin to promote the release of the final *Twilight* movie.

**How do you remain civil with someone who has broken your heart?**

## Cupid's Advice:

We have all been there – having to face the one person who tore out our heart. Here are some ways on how to remain civil with your past partners:

**1. Keep your head high:** No matter what, keep your shoulders back and your head held high. Do not let the person who broke your heart know how much they hurt you. This will show them that you have moved on from them.

**2. Smile and nod:** Do not be bitter or angry towards them because that will show them that they have hurt you. Wish them well and mingle elsewhere, you do not need to have an entire conversation with them.

**3. Don't react impulsively:** Try to keep your cool and remember that you are better off without them. By remaining calm and collected, you are showing them that you are ready to move on.

**How do you handle being around someone who broke your heart? Share your thoughts below.**

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# Kristen Stewart Is Spotted in Rob Pattinson's Old T-Shirt





By Nicole Weintraub

Kristen Stewart emerged Wednesday wearing a familiar looking t-shirt. According to [People](#), the *Twilight* star was wearing former beau Robert Pattinson's T-shirt that he was photographed wearing whilst walking his dog last year. If it was not his t-shirt, it was an exact copy since the two shirts are identical. The infamous couple split when Stewart had an affair with her *Snow White* co-star Rupert Sanders. Once the scandal went public, Stewart made a public apology directed towards Pattinson. Since then the two have not been photographed together, but will need to promote their upcoming film that is the final installment of the *Twilight* series so confrontations are bound to occur in the upcoming months.

**What are some ways to show your ex-partner that you miss them?**

### **Cupid's Advice:**

Break ups are hard to endure, especially when you regret having them. Sometimes parting ways is beneficial for both parties but other times you still have feelings for them. Here are some tips on how to show your ex that you miss them:

**1. Don't rebound:** If you're constantly going out and about, looking for other guys then your former beau is going to get the message that you are ready to move on. Seeing you with members of the opposite sex will not make them jealous but ruin chances you have of getting back together.

**2. Let them know:** Be honest. If your former beau does not return the same feelings, then at least you can say that you tried and did your best. Just let them know that you still care about them.

**3. Talk to them:** Avoiding your ex-partner is going to do the exact opposite of what you are hoping for. By letting them know that you are still involved in their lives, they will see that they are still important to you.

**Have you ever had feelings for an ex-partner? How did you let them know? Share your experiences below.**

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## **Maria Sharapova and Sasha Vujacic Call Off Their Wedding**







By Jennifer Ross

It is game over for professional tennis player Maria Sharapova and fiancé, former Los Angeles Laker Sasha Vujacic as the couple decides to call off their wedding. The two began dating back in 2010 and had gotten engaged on the one year anniversary of their first meeting. The cause of the breakup is reportedly their hectic career schedules, according to [Too Fab](#). On a positive note, Sharapova is currently playing in the U.S. Open where she has advanced to the semifinals and Vujacic is in training camp overseas for the Turkish basketball season. With a little time, the two will be back on top in their own personal lives again.

**How do you know it's time to call off your wedding?**

### **Cupid's Advice:**

Walking down the aisle is a life-long commitment to each other that can destroy hearts and bank accounts if you have chosen the wrong one. So before you take your first step, make sure there aren't any red flags to stop you. Here are a few tips to think about before saying "I do":

**1. Save the date:** If time has passed since the engagement and a wedding date has not been set, then you may have a problem. It is understandable to wait a little while before setting a wedding date. However, if more than a year has passed and your loved one is still avoiding the calendar, chances are their “life” schedule does not include you.

**2. No bachelor/bachelorette party:** The bachelor/bachelorette parties are a rite of passage and the last single party of your life. So if your mate demands that you forsake this for their benefit, find out the true reason why. It may be possible that your mate does not trust you. Without trust, you two will never make it in the long run.

**3. Baby names:** Planning a wedding requires many details to discuss and finalize. What it does not include are baby names and pre-schools, although it is wise to discuss how many children you want **before** proposal. However, if your mate wants to plan too far into the future now, they may have a case of “wanting to catch-up” to their already settled down friends. If so, is your mate marrying you or making up for lost time?

**What was it that convinced you it was time to call it quits?  
Tell us below.**

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## Heidi Klum Says She's Moved on from Seal





By Erin Minty

Supermodel Heidi Klum says she's moved on since her divorce from husband Seal, according to [People](#). The two split last January after being married since May of 2005. The exes have both been speaking to the public about their relationship and moving on in their separate personal lives. Klum was seen cozying up with her bodyguard recently, to which Seal made some comments that were misinterpreted. The two both claim that their split was completely amicable, and that they still love each other very much despite both moving on.

**How do you know when it's time to enter the dating scene after divorce?**

### **Cupid's Advice:**

Approaching dating after a marriage has ended can be a daunting task that must be approached carefully. Cupid has some advice:

**1. Wait until you are ready:** There are probably a lot of people in your life that will try to push you into a

relationship before you are ready by trying to set you up with friends, or asking you about any potential dates. The most important thing is to wait until *you* are ready. Take your time; don't rush into the dating scene because of any social pressure to do so.

**2. Don't take it too seriously:** After a divorce, you will probably be in the mind-set of a serious relationship. Take a breath. Go on one date. This person doesn't have to be your future partner; you can just go out, relax, and have a good time. Take it very slow at first until you know you are ready.

**3. Think about who you are looking for:** It may be difficult for some time to picture yourself with anyone else besides the person you just divorced. Take some time to think about the kind of person you want to be with. When it gets to a point where you can imagine yourself with someone else besides your ex, you may be in a good position to go out on that first date.

**How did you know when to start dating again after divorce?  
Leave us a comment below!**

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## Seal Clarifies That Heidi Klum Did Not Cheat







By Nicole Weintraub

After seven years of marriage Heidi Klum and Seal called it quits in January, with Klum officially filing for divorce in April. According to [People](#), Seal would like to clear the air and state that Klum was not cheating on him whilst they were together. In a statement he had made prior in an interview, rumors spread that Klum had cheated on Seal with her bodyguard Martin Kirsten. Seal sets the record straight by explaining the statement in his interview by claiming that they are separated, but still legally married. Photos of Klum and her bodyguard vacationing surfaced and Seal said he expected her to “have shown a little more class...before deciding to fornicate with the help.”

**What are some ways to know that your partner is being unfaithful?**

**Cupid's Advice:**

Being in a relationship, no one wants to find out that the person they trust the most is the one that is hurting them. Here are a few tricks on how to find out if your partner is



being unfaithful:

**1. Hot and cold:** If your relationship has been on the rocks or unstable recently, that could be a huge clue that your partner is experiencing a wandering eye. When we are not happy in current relationships whether it be due to the spark dulling or constant arguments, we tend to look elsewhere to see if we are missing out on anything. Keep an eye out for your partner being out of tune with you emotionally and keeping you out of their schedule.

**2. Excuses, excuses:** Honesty is one of the most important ingredients in a healthy relationship. When you start hearing excuse after excuse, it's time to start looking for more clues. One late night at the office is understandable, but when the same excuse comes up over and over again, chances are it's not just an excuse anymore.

**3. Sudden changes:** Sudden changes in mood, behavior and scheduling may be indicators that your partner is unfaithful. Constant canceling and postponing plans that your partner has with you is a red flag. It may be a sign that your partner is seeing someone else, or it may be a warning that the spark is dulling in your relationship.

**Have you found your partner being unfaithful? What red flags did you find? Share your comments below.**

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# **'Bachelor Pad' Star Chris Bukowski Says He Still Has**

# Feelings for Emily Maynard



By Jennifer Ross

Even though time has passed since Emily Maynard, 28, dumped Chris Bukowski earlier this year on *The Bachelorette*, Bukowski says he's still not over her. Bukowski, 25, has since moved on to ABC's *the Bachelor Pad*, and has found a new love interest, Sarah Newlon. On a date together, he admitted to Newlon, 28, that being dumped by Maynard was probably one of "the worst things I've ever experienced...it's heartbreaking." A good thing he has going for him is how Newlon is willing to lend a shoulder to his pain.

**What do you do if you're having a hard time getting over an ex?**

**Cupid's Advice:**

One of the hardest things to go through in life is a break-up, especially when you were the one that was dumped. Many questions arise and the pain can seem unbearable. However, there is light at the end of the tunnel. Here are a few tips to getting over that heartbreak:

**1. Get your ex off that pedestal:** You may want to remember all the funny or loving moments your ex created, but keep in mind, your ex also created many, many horrible ones too. There's a good reason why this break-up happened, even if you cannot see this right away.

**2. Get rid of the reminders:** The way to ensure you do not relapse into despair is to remove anything that reminds you of the relationship. Trash those cute pictures of you two or that stuffed puppy dog holding a heart that you received at last Valentine's Day dinner. While you are at it, clean your space of your ex's personal belongings fast!

**3. Dust off those hobbies:** Chances are you have let many of your hobbies go while you were in a relationship. What better way to get over your ex than by getting back your swag? Exercising, whether indoors or out, is a great way to relieve emotional pain, along with extra pounds. An added bonus is you'll start to feel better about yourself. If physical activity is not your style, then find something else.

**How do you spend your time forgetting your ex? What hobbies have you rekindled? Tell us below!**

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## **Prince Harry Is Caught in a**

# Revealing Photo Scandal



By Sarah Ribeiro

Even royalty is allotted mess-ups. Prince Harry was caught nude last weekend in a game of strip billiards in Las Vegas, according to [People](#). Nude photos of the prince have leaked to the media. The Prince, who is no stranger to scandal, has been under scrutiny lately for publicly “flirting” with sister-in-law Kate Middleton.

**What do you do if something gets out about your intimate affairs?**

**Cupid's Advice:**

Let's face it, we all do things that would make us cringe if they got out. Here are some things you can do if your intimate

affairs find themselves in the public sphere:

**1. Own up:** We all make mistakes – in both our romantic and social lives – and sometimes, the best course of action is just to admit you did wrong.

**2. Fix it:** If you've done something that could hurt someone, you need to apologize and find a way to fix it ASAP. No relationship is worth ruining over one mistake.

**3. Brush it off:** Sometimes, people are just too invested in your personal life. Let everyone know that this gaffe doesn't matter, and walk away from the issue.

**What do you do if something gets out about your intimate affairs? Let us know in the comments below.**

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# Hilary Swank and John Campisi Split







Hilary Swank's five-year relationship has ended. She and (now ex-) boyfriend John Campisi have called it quits, according to [People](#). The pair began dating in 2007, a year after her divorce from Chad Lowe.

**What do you do directly after a breakup with a long-term partner?**

### **Cupid's Advice:**

It's difficult to navigate a breakup, especially with a long-term partner. Here are some things you can do to ease the ache:

- 1. Control your environment:** Surround yourself with people you love who make you happy to lessen the blow from a split.
- 2. Do what makes you happy:** Find ways to find comfort in yourself: pamper yourself, work out, and set goals that you know you can reach.
- 3. Reflect:** Think about your relationship and what you have gained and learned from it – and from the breakup. Forget the

negative and seek out the benefits from this experience.

What do you do directly after a breakup with a long-term partner? Share your story below.

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## Reports Reveal Katie Holmes Visited Ohio 'Many Times' Pre-Divorce from Tom Cruise



By Sarah Ribeiro

While Katie Holmes and Tom Cruise may have had a rocky marriage, Holmes still kept a close bond with her

family. A source has reported that Holmes visited Ohio “many times” while married to Cruise, according to [People](#). The pair announced their split early last month.

## **What can being homesick tell you about your marriage?**

### **Cupid’s Advice:**

Even in the best marriage, you may find yourself missing your single life – and your bed at home. Here’s what being homesick can tell you about your marriage:

- 1. You’re normal:** It’s perfectly acceptable and *normal* to miss home every now and then. Even if your husband is your perfect match, he can’t make your mother’s famous breaded chicken. Remember that your family is important, and that it’s okay to miss them.
- 2. Stress:** Sometimes, when life gets too stressful, you just want to curl up in your old bed and sleep your troubles away. If your stress is coming from your married life, though, you should address the problem before it grows rather than running home and avoiding it.
- 3. You’re unhappy:** If all your relationship is doing is making you miss home, you have to reconsider your marriage. No one can be happy when they want to be somewhere else.

**What can being homesick tell you about your marriage? Tell us below.**

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# Rihanna Says the 'Slightest Things' Remind Her of Chris Brown



We all remember the tragic ending to Rihanna and Chris Brown's relationship in February 2009 after he physically assaulted her. But, recently on *Oprah's Next Chapter*, the pop star confessed that her ex will always have a special place in her heart. Rihanna continued to tell Oprah Winfrey, "I am reminded by a lot of things. A lot of memories we had. By the slightest things: hotel rooms, tour venues. Any little things: music, songs." Not only is Rihanna still reminded of the singer, but she felt protective of him when he was being charged for assault. She felt he needed help rather than to be locked up. Rihanna revealed a lot of mixed feelings in this interview, which could ultimately lead her back into the arms of Brown.

**How do you keep thoughts of your ex from preventing you from moving on?**

**Cupid's Advice:**

Usually when a couple has a dramatic break up, there's a lot of baggage that comes along with it. Here are some ways to prevent that from helping you move on:

**1. Accept it as the past:** A big problem of past relationships, is that you continue to dwell on things that already happened. You have to accept them as things that you cannot change and just learn from any past mistakes. Accept it and move on.

**2. Become friends with your ex:** You don't necessarily have to become best friends with your ex, but if you have friendly conversation from time to time, you're most likely to get any thoughts about them out of your system. Hopefully by having a friendly relationship you can learn to be happy for them in the present, and having their support will help you move on.

**3. Go out and meet people:** The best distraction from an ex, is someone else in your life. Go out and meet new people. Go on dates and allow yourself to be distracted from any thoughts you may have about a past relationship.

**How would you keep yourself from thinking about an ex? Share your thoughts below.**

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**Jon     Stewart     Consoles     Rob**



# Pattinson With Ice Cream



There's nothing that ice cream can't fix, or at least that's what Jon Stewart thinks. Stewart pulled out the Ben and Jerry's for Rob Pattinson's first public appearance post Kristen Stewart cheating scandal on Monday night's *Daily Show*. An audience member told [UsMagazine.com](http://UsMagazine.com), "Jon brought out the ice cream for him and Rob to eat, almost like Jon was feeding it to Rob to help him get through a breakup . . . Jon didn't ask anything about Kristen, but it was obvious that was what the ice cream was for." Even though Stewart was kind enough to not mention the scandal directly, Pattinson certainly acknowledged the elephant in the room. He said his only regret was not hiring a publicist during the media frenzy.

**What are some things that help you feel better during a breakup?**

## **Cupid's Advice:**

The pain of heartache may seem like the end of the world, but there are a couple of things you can do that will minimize the hurt. Here are some ways to help you feel better during a breakup:

**1. Comfort food:** There are certain foods, like ice cream, that everyone needs to indulge in during a breakup. The sugars mixed with the decadence of dessert foods will have you feeling better in no time.

**2. Friends:** In even the saddest of moments, friends should be there to make you smile and laugh even when you feel like crying. If you invite your friends over for take out and drinks, you'll be questioning how you were ever depressed about your split.

**3. Retail therapy:** Shopping for whatever you may like will help anyone get through a breakup because it is something to look forward to. For girls mostly shoes and clothes does the trick, and for guys maybe buying a new car. Either way, new possessions can make you feel better about yourself, even if only momentarily.

**What would you do to help you feel better during a breakup? Tell us below.**

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# **Jenni "JWoww" Farley Tells Off Her Boyfriend Roger**

# Matthews



Arguments between reality-TV star Jenni “JWoww” Farley and her boyfriend of two years Roger Matthews have been heating up since the start of JWoww’s *Jersey Shore* spinoff: *Snooki & JWoww*. While in Mexico with her pregnant co-star Snooki, the couple got into a fight regarding the fact that Roger had made plans the day that Jenny was supposed to return to the U.S. The argument continued to get worse until Roger suggested that Jenny reunites with her ex-boyfriend, and alleged abuser, Tom Lippolis, reports [UsMagazine.com](http://UsMagazine.com). In a sneak peek of the upcoming episode, JWoww can be quoted saying, “By telling me I should be with my ex, you can go f–k yourself! And you can burn in hell.” The two have been through many ups and downs throughout their relationship, but this argument may prove too hard to come back from.

**What are some ways to avoid heated arguments in your**

## **relationship?**

### **Cupid's Advice:**

Sometimes, a problem can get out of hand between you and a loved one. Cupid has some advice on how to avoid an argument with your partner:

**1. Be open with your feelings:** When your partner says or does something that upsets you, be honest. Don't assume that they will understand why you are upset; it is your responsibility to explain what they are doing wrong and why it hurts your feelings. Open communication is one way to not only stop arguments, but to avoid them all together in the future.

**2. Stay calm:** One thing that will escalate an argument is yelling at your partner. Make sure to explain the problem calmly. If you raise your voice, your partner may feel attacked and the need to defend their actions can lead to a full-blown fight. If you can explain your side peacefully, your partner is much more likely to listen and take in what you say.

**3. Watch your words:** Words can be hurtful, especially when in the midst of a heated argument. It is important that no matter how mad you are, you try your best not to say something you will regret. Saying something you don't mean can make an argument much worse, and lead to a breakup, so try to be honest and don't say something merely to hurt your partner.

**What are some ways that you avoid arguments in your relationship? Leave a comment below.**

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# Kristen Stewart Says 'I Don't Like People Who Are Flakes' Pre-Scandal



*Twilight* star, Kristen Stewart, may want to start practicing what she preaches. Just before she admitted to cheating on her former boyfriend, Robert Pattinson, she told *Entertainment Weekly* that she doesn't want anyone who's met her saying, "God, that girl is so fake," according to [People](#). For someone who doesn't like people who are flakes, she sat at Comic-Con in mid-July, with her boyfriend and their costar Taylor Lautner like everything was fine. No one yet knew about Stewart's cheating scandal with her married *Snow White and the Huntsman* director.

**How do you know if your partner is trustworthy?**



## **Cupid's Advice:**

Before you can fully put your trust in someone, it's important that they prove they deserve it. Don't just assume your partner is honest because they say they are. Cupid has some tips:

**1. Open your eyes:** A lot of the time we get too caught up with our feelings for someone that we miss the signs that could have warned us to be careful. When you're in love, you're typically blinded by some of the more negative attributes of your partner.

**2. Their words match their actions:** If you put your trust in someone that person needs to be reliable and genuine. This means that when your loved one says that he is going to do something, it gets done – no excuses. He or she respects you, your time and your feelings.

**3. They have morals:** A person who has integrity is probably going to be more dependable than someone with no moral values. Someone who holds responsibility and honesty to a high standard will also hold you to those standards and will be less inclined to let you down.

**What are some other ways to know if your partner is trustworthy? Share your thoughts below.**

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# **Sources Say Tom Cruise and Katie Holmes Are Still**

# Talking



Even though all of the hype over Tom Cruise and Katie Holmes' divorce has made it seem messy, the two have remained civil for Suri's sake. A source told [People](#) that the two have worked out a "civil routine" and "are talking." Regardless of the ex couple's differences, they still have to do what's best for their six-year old. Suri has spent most of the summer in New York City with Holmes, and has taken various trips with Cruise. Now with the approaching the school year, Holmes has decided to enroll Suri in a private school nearby, and Cruise was okay with her decision.

**How do you remain civil with your ex when kids are involved?**

**Cupid's Advice:**

Sometimes things just don't work out with your partner, and a

divorce is inevitable. But, it's not so easy to just move past it when children are involved. Here are some ideas on how to stay civil with your ex when you have children together:

**1. Set up a schedule:** You should both agree on a schedule, so there aren't any arguments or misunderstandings. Specific times will make it easier to share equal time with your kids.

**2. Don't get the kids involved with your breakup:** You and your ex have to spend time with your kids, but don't get them involved in your breakup. Your kids shouldn't feel like they have to choose sides or keep secrets for anyone, so just leave them out of it.

**3. Keep conversation strictly about your children:** If you know you are always arguing with your ex partner and just can't get along, keep conversation simply about your children. This is when you both push your other issues aside and make more important decisions about your kids.

**How do you keep a civil relationship with your ex when you have children? Share your thoughts below.**

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## **Liberty Ross Emerges Without Wedding Ring Post-Scandal**





Watch out ladies, because Liberty Ross officially steals the title for Miss Independent. The British model stepped out in Los Angeles on Sunday with her two, young kids and a big smile. The only thing missing? Her wedding ring. Despite what the photos show, a source tells [UsMagazine.com](http://UsMagazine.com), "Liberty is very upset but hasn't made any decisions. It's too early to tell what will happen with them." What we do know from the source is that the 33-year old was aware of Sanders' affair with *Snow White and the Huntsman* star Kristen Stewart before the photos were ever leaked. The couple has not spoken post-cheating scandal.

**What are some ways to know your relationship is no longer salvageable?**

### **Cupid's Advice:**

Deciding on whether to save a relationship can prove tricky depending on the situation at hand. Here are some great ways to help you decide if you should try to make it work or call it quits:

**1. Destruction of trust:** A relationship cannot function

without trust. If you no longer have faith in your partner's actions and choices, the relationship is not worth it.

**2. Lost feelings:** Some experiences in your relationship hurt so bad that you no longer feel the same way about the one you love. If your desire to remain in a relationship fades, it's time to walk away.

**3. Lack of concern:** Being indifferent about your relationship means that you are fed up with it. If you don't care about the success or failure of your relationship, you may want to end things.

**What are some reasons for which you would end your relationship? Share your thoughts with us.**

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## **Reese Witherspoon Steps Out After Helping Rob Pattinson Hide Mid-Cheating Scandal**







On Friday, Reese Witherspoon stepped out in public for the first time since she lent her ranch to Robert Pattinson. The actress let Patitnson stay on her California estate while he recovered from the aftermath of his girlfriend Kristen Stewart's affair. [Usmagazine.com](http://Usmagazine.com) reports that Witherspoon said Pattinson is a "very sensitive soul" whom she hopes will recover in the peace of her ranch. Still, Witherspoon has her own busy life to tend to, with her third child on the way.

### **How can you help a friend cope with infidelity?**

#### **Cupid's Advice:**

Having a partner cheat is undoubtedly one of the worst things that can happen to a relationship, and it's tough to handle no matter how strong you are. If one of your friends is in this situation, it's always nice to help them out where you can. Here are some tips on how to do just that:

**1. Let them vent:** Nothing helps someone sort out their feelings and understand their own situation better than talking to a friend. Although you can offer advice, what's most important is just listening to what your friend has to

say.

**2. Provide a distraction:** Invite your friend to go shopping, see a movie or just hang out. Spending time together will give them a chance to stop thinking about their partner's infidelity and let them know that someone still cares about them, even if they've been hurt by a loved one.

**3. Give them space:** When someone is in a difficult place, sometimes they don't want to talk to anyone, even their closest friends. Don't be offended if your friend wants some time alone to come to terms with what happened. Let them know you're available and they'll come to you when they're ready to talk.

**How would you help a friend who was a victim of infidelity? Tell us below.**

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**Katie Holmes Kisses  
Unidentified Man After  
'Great' Dinner**





After divorcing Tom Cruise a month ago, Katie Holmes seems to finally be back in the dating game. On July 27, Holmes was spotted dining with an unknown man in New York City. Before she left, she kissed the man on the cheek. [UsMagazine.com](https://www.usmagazine.com/celebrity-news/news/katie-holmes-dated-unknown-man-in-new-york-city-20120727) reported that Holmes told a reporter from TMZ that she had a “great night.” In addition to this date, Holmes has also been working on a new life with her daughter Suri, including a new apartment in Chelsea. It’s clear that Holmes isn’t letting divorce slow her down.

**How do you know when to jump back into the dating scene after a breakup?**

### **Cupid’s Advice:**

Breakups can be difficult for everyone, but they shouldn’t keep you from looking for happiness. Although it helps to wait before dating again, eventually you’ll be ready to give it another try. Here are some ways you’ll know you’re ready:

**1. You aren’t always thinking about your ex:** After a breakup, especially if you were dumped, it’s likely that everything reminds you of your ex. When you’re finally able to distance

your thoughts from their memory, you're ready to find someone new.

**2. You've found someone interesting:** There's no need to rush into a rebound relationship after a breakup. Don't go for the first person you meet after your split. Instead, try to find someone genuinely interesting in order to ensure your new relationship lasts.

**3. You're feeling confident again:** Breakups can severely damage your self-esteem at first. Try to build up your confidence and comfort again by hanging out with friends and doing things you've always wanted to do. Once you feel good about yourself again, people will take notice.

**How did you know when it was time to start dating again after a breakup? Tell us below.**